



25

TREATISE
ON THE
USE AND ABUSE
OF
TOBACCO,

**TENDING TO SHEW WHY THIS PLANT IS HURTFUL TO
THE NERVOUS SYSTEM IN PARTICULAR, AND
COURSE TO THE WHOLE HUMAN
FRAME IN GENERAL;**



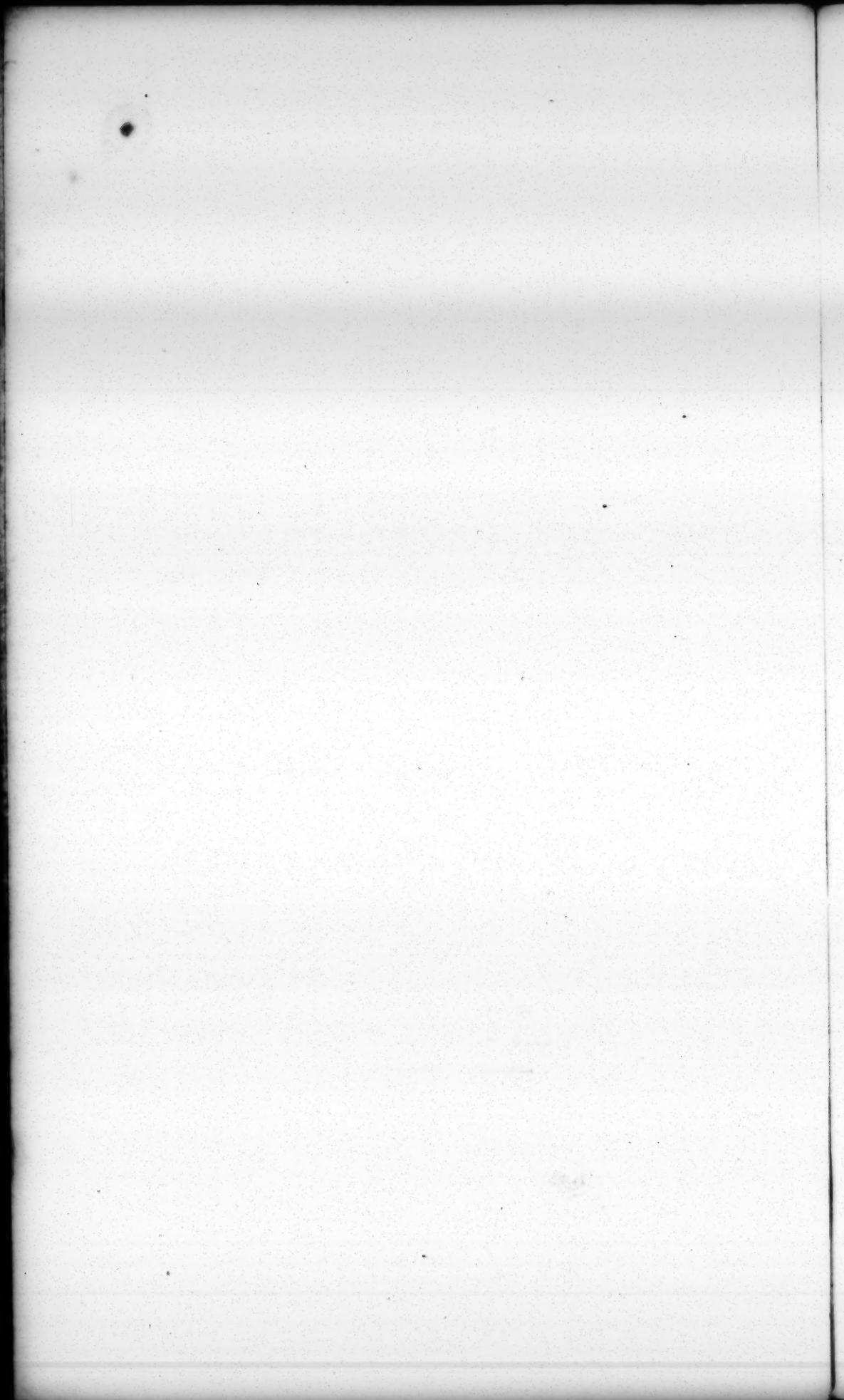
The beneficial Use of Tobacco is also considered;

By **EDWARD TEARE,**
SURGEON,
Doncaster,

Together with an appropriate FRONTISPICE engraved by
The AUTHOR.

CUR MORITER HOMO—CUI TABACUM IN AGRO CRESCIT.

DONCASTER :
PRINTED AND SOLD BY W. SHEARDOWN :
SOLD ALSO BY MESSRS. RIVINGTONS, ST. PAUL'S CHURCH-YARD,
LONDON, & ALL OTHER BOOKSELLERS.



THE PREFACE.

THIS trifling Essay on the Use and Abuse of Tobacco, is not intended to impress the Reader with any idea, that the Writer of it is carried away by a wish of acquiring literary fame, no—the sequel will prove the contrary; many inaccuracies which must inevitably creep into it, from want of a strict grammatical knowledge in the Author, must shew, to the piercing eye of the Critic, that he soars not so high; his intention is (from his own experience) to point out its pernicious and deleterious effects upon the human frame; and tho' no doubt (as will be shewn hereafter) it may be useful in many respects, yet its continued, destructive use, ranks it amongst the worst of slow poisons.

a

Methinks,

Methinks, I see an old buck in a corner, lay down his pipe, and then hear him exclaim —“ Why this fellow of a scribbler never smoked a pipe in his life.” There my old gentleman is mistaken, for it is from a full conviction of having made too frequent use of it, both by smoking and by the lip, vulgarly called chewing, that has led me to put pen to paper. Puff on my old boy—resume your calumet, your pipe of peace, with your brethren, and in the sequel I will endeavour to shew, that what at an earlier period of life would have been hurtful and prejudicial to your constitution, is now, at your more advanced stage of life, useful and beneficial to it. This may appear a paradox, but more of it in its proper place.

A TREATISE, &c.

IT is not my intention to enter into a botanical disquisition of the plant, (tho' I have frequently examined it in Virginia), indeed it is unnecessary and foreign to the subject, which is only to prove, or endeavour to do so, that Tobacco is highly inimical to the nervous system in particular, and of course to the whole system in general. For as every living body has innumerable nervous fibrillæ, or filaments, ramified throughout it, part so minute as to be almost imperceptible, viz. to the fingers' ends, causing the sensation of touch; to the tip of the tongue, that of taste; to the fine expansion of the optic nerve upon the retina of the eye, causing the sensation of light, and the distinguishing of objects, and

and so on with other parts: it hence follows, that whatever affects this grand Sensorium must by sympathy affect the whole frame in general; to prove which, all, or most persons upon their first using it are attacked by vertigo (dizziness), torpor (heaviness of spirits, stupidity), vomiting, and sometimes the almost total deprivation of the senses.

By producing vertigo, it shews its attack upon the brain, that origin whence all the nerves are derived; by causing vomiting, it shews its pernicious effect on the stomach. Now as that Viscus, or Bowel, is furnished with a great number, I think with a greater number of nerves, than any other in the abdomen, from the eighth pair, or *Par Vagum* of Winslow, or more properly the *Par Vagum* of the Ancients, named by Winslow *Nervi Sympathetici Medii*, it must occur to every reasonable person, that whatever hurts the stomach must deprave the taste, and indigestion is the sure concomitant of a vitiated appetite: the train of sad symptoms which follow, are too many in this small work, to enumerate, but the closing

closing of the scene generally ends with jaundice and dropsy.

I believe it has not been exactly ascertained; as to the year, when Tobacco was first brought into England, but the century may be relied on from what follows: In Wanley's Wonders of the little World, or a General History of Man, P. 706. art. 29, we read, "Ralph Lane was the first that brought Tobacco into England, in the twenty-eighth of the reign of Elizabeth, and in the year of our Lord, 1585."—see also Baker's Chronicle, p. 259. And again in Lewis's Dispensatory, we find, under the article "Nicotianæ Folia, that this plant was first brought into Europe about the year 1560, from the island Tobago," from which I conjecture it took its name of Tobacco. Some attribute its introduction to Sir Walter Raleigh, after colonizing Virginia, which was in the aforementioned century, for "Sir Francis Drake after having reduced certain islands in the West Indies, and among the rest that of Tobago, coasting along the shore of Florida, they took

took two towns, St. Anthony and St. Helens, and burnt them: holding their course they found certain Englishmen, who had seated themselves in Virginia, so named in honour of Queen Elizabeth, by Sir Walter Raleigh, who being in great want, Sir Francis Drake brought them back to their own country, and these were the men who first brought Tobacco into England." It is probable, therefore, that the above named Ralph Lane was one of the company. Camden says enough to prove this. Be all this as it may, the infatuation, which impresses people of all ranks, who have been long accustomed to the use of it, and the difficulty of leaving it off, is so great, that if the price was doubled the consumption would still continue enormous.

The washer-woman, as well as the kind assisting, gossiping votaries of *Juno Lucina**, could no more do without their tea and sugar, and indeed often Tobacco, than the soldier,

* The Goddess, who, in the Heathen Mythology, is supposed to preside over Labours and Births.

soldier, sailor, or labouring man accustomed to it, without his delicious quid : nor would the full flowing bowl, to a social set, over a winter's fire, have half its charms, unless aided by the temporary exhilarating influence of the *taper tube*.

The common assertion that the soldier, sailor, or labouring man, or indeed any other person accustomed to Tobacco, can suffer the inconvenience of want of food longer than they who do not chew it, is literally true ; but they who argue (as some do) that, on that account it is good for the constitution, are wrong, which I will endeavour to prove, when I treat about its effect on the stomach.

If the reader will have the goodness to turn back to the preface, he will observe what is there written—“ That what at an earlier period of life would have been hurtful and prejudicial, &c. Let us enquire into this matter, the plant, about which I am writing, has a powerful tendency to produce

great and general relaxation; for though Tobacco has a strong irritative power, yet, like most other stimulants, when the effect it had caused, is gone off, the person who used it will feel great debility.

Opium acts in a similar manner, taken in too large a dose, it will produce delirium, phrenzy, or a temporary mania, and, when that subsides, a great degree of relaxation follows, with pains in the head, confused ideas, &c. &c.

Tobacco and opium have a near affinity with each other, in their several actions on the human frame; these are threefold, successively—first as a sedative, next as an irritative, and thirdly as a debilitative.

Now to the subject.—If we consider that a young man may be compared to a young plant or scion, whose fibres must necessarily be in a flexible, distensible, and I may say, elastic state, which is ordained by Providence to admit of his growth, till he arrives at his *Acme* or full vigour,

vigour, every relaxant, in the extreme, tends to prevent, or at least to impede the work of nature; this plant must therefore be hurtful to every young person.

Tobacco, particularly to young people not accustomed to it, produces a temporary fever, heat of the body, and, remarkably so, an encreased pulsation. For instance, let us suppose a young man, unaccustomed to it, whose pulse beats the standard of health, from sixty to seventy strokes in a minute, more or less, according to his constitution, let him put some tobacco into his mouth, and in ten minutes time, or a quarter of an hour, he will find, attending to his pulse by a stop watch, that it will be quickened ten or fifteen strokes in a minute more than before he took the Tobacco. This is not chimerical, any person may make the experiment upon himself: here the good natured critic will say, it is not every one who is possessed of a stop watch; right, however if he has no watch of any kind whatever, to ascertain the encrease of strokes in the minute,

minute, he will find that the pulse is evidently accelerated, and his frame, even in that short space of time, somewhat disordered.

The human body has been, not inaptly, compared to a piece of mechanism, as a clock or a watch: our immortal bard seems to have had that idea when he uses the following beautiful allegory in one of his plays,

“The weary wheels of life at last stood still.”

Continual friction in every mechanical body, will in a given time, wear out or destroy its component parts, and if that friction be by art increased to a double quickness, the time of wearing out those parts will be so much shorter in proportion: the analogy holds good with respect to the human frame: every irritative that tends to accelerate the circulation of the blood, beyond what is designed by nature in a healthy state, must be an auxiliary to its dissolution; repeated fevers at different periods, though none of them should kill in any attack, must, for the

above-

above-mentioned reasons, be so many enemies to longevity. Tobacco, I again repeat, must, therefore, be hurtful to every young person; but when a man has arrived at the summit of the hill of life, and is descending into the vale of years, his fibres, *in toto*, begin to be rigid; Tobacco, to him, then is not hurtful, but on the contrary useful to old people, for possessing this relaxing power, it counteracts that rigidity and stiffness the concomitants of old age.

Having mentioned the rigidity of fibre, attendant on old age, it can hardly be called a digression by stating the following case, as it is some what appropriate to the subject:— I attended a Mr. C—, a man advanced in years, at Almholm, a village a few miles from Doncaster, from September 1787, (at different periods), till the middle of April, 1789, his complaint was gradually progressive for the worse, with now and then intervals of apparent good health; towards the close he was attended by an eminent physician of this place, Dr. C. who remarked to

me

me a peculiar hardness and tenseness of the pulse, and hinted at the same time, he suspected an incipient ossification of the coats of the radial artery had taken place, the pulse, however, was to be felt in a soft natural state at the flexure of the cubit. The patient's death, which happened soon after, proved the conjecture to be well founded, for having permission to dissect the radial artery, I found it perfectly ossified, almost impervious, scarcely admitting the passage of a hog's bristle ; I have not a doubt but that the vessels of the lower extremities would have been found in the same ossified state, upon examination.

The late most eminent surgeon and author, **Percival Pott, F. R. S.** in his observations on the mortification of the toes and feet, remarks, "It has by some been supposed to arise from an ossification of vessels, but for this opinion I could never find any foundation, but mere conjecture." Dr. C.'s opinion, in the above stated case, was certainly at that time, "mere conjecture ;" but dissection

tion proved the truth positive, for had the *Vis Medicatrix Naturæ* been powerful enough to have opposed the disorder much longer, this incipient ossification having taken place, would have gradually gone forward, the circulation in time would have been totally stopt, and a mortification of the fingers and thumb must have been the inevitable consequence. Some may cavil and say, that the circulation might probably have been carried on by collateral branches, but it is more rational to suppose they would have been found in the same ossified state.

Sanctorius in his LXXX aphorism of insensible perspiration*, asks "Why do most old people of necessity die? Because they arrive to the only last healthful standard that they are capable of." "But why to the last only? Because their fibres are grown hard, and such as cannot possibly be renewed; whence proceeds death.

Our late Baxter-Gate poet, formerly well-known

* Vide Dr. Keil's explanation of the latter part of this Aphorism.

known by the name of Merchant Wilkinson, wrote some verses on Tobacco—beginning thus:—

“ Tobacco that pernicious weed
“ It dims the sight and spoils the seed, &c.”

The poetry, to be sure, is not very sublime, nor is the language very chaste or elegant, but for all that it contains two very important truths: before I explain these, let me comment upon the last word of the second line, lest some very nice *delicatists*, may put a wrong construction upon the meaning of that word. The writer of the above lines meant by it to signify progeny, offspring, race of generation, as is explained in scripture, Chap. iii. verse 15, of Genesis, the curse denounced upon the serpent's head—“ And I will put enmity between thee and the woman, and between thy seed and her seed, &c. which certainly signifies *in Perpetua Secula*, as we know at this day that an enmity still exists between the parties.

I shall consider the above lines as a text,

“ It dims the sight, &c.”

That

That it is hurtful to the organs of vision, people who use it to excess cannot deny. (I say nothing at present about snuff) I think it has been pretty clearly demonstrated, that it is prejudicial to the nervous system: if that is allowed, we may reasonably infer that its first attack being upon the brain, the optic nerve being in immediate contact with the brain itself, and of the self same nature, must at the same time suffer equally.

Vision, or the sense of seeing, is a certain impression which light makes upon the *retina*, which *retina* is a fine expansion of this optic nerve upon the posterior part of the eye,—receiving the impression of light, which gives us an idea of the object we behold. If the chryalline humour, which in its natural state is a beautiful transparent lens, (thro' which the light passes to the *retina*,) should by accident or disease become opake, it forms what is called a cataract, which is now and then remedied by the operation of couching. This fine nervous net-work, the *retina*, though in a sound healthy state, is, in

this case, of no use to vision ; on account of the opacity of the chrysalline humour obstructing the rays of light passing in at the pupil. *Vice versa*—If, from the immoderate use of Tobacco, or from any other cause, the optic nerve and its expansion should become paralytic, vision is lost, though the chrysalline humour remains in an healthy transparent state : this is called *gutta serena*. No more of this, for I smile whilst writing, at the idea of seeing one of my readers thrown down the pamphlet, and exclaim—This fellow is wandering, he is going to give us a treatise on optics, instead of sticking to his Tobacco. This puts me in mind of a droll story of Handell, who in temper was hasty and passionate. A charming female singer who was in his employ, coming to a cadence in a song, warbled and wandered from the original key, twisting, turning, and twining her voice through all the keys that music was capable of affording, during all which time Mr. Handell was stamping and staring, till, at the close, she returned to the original key ; as the Sky Lark, warbling and fluttering, descends

scends to the place beneath, which a little while before it had taken its departure from, Handell recovered his temper, and making a bow, sad, " Oh madam I be very glad you be come home again."

Reader—I have not forgot the subject ; Tobacco—that it should be hurtful to future generations, from the parents having used it to excess, I can say nothing about, and if I could I would decline it, because, by quoting an old author, Christ. Laurent, he will find it better elucidated and explained, than by any argument, or language I can make use of. Speaking of the scurvy, which he thinks Tobacco to be one great procurer of that complaint, remarks :—

" Some may say I never use Tobacco, and yet I have the symptoms of the scurvy as bad as any that have taken it.

" This may be so, and yet Tobacco, notwithstanding, may be one great procurer in other persons.

" The

“ The scurvy does not require all the procuring causes to concur in its production, but sometimes one, and sometimes another is able to do it,” (now to the point) “ and although you take no Tobacco, yet perhaps your parents did, or theirs, and is sufficient to make you fare the worse ; bad customs, and abusive living, extends farther than the person so offending, it is transmitted to their offspring, as in another work I have noted in these words : “ But yet the crime were less, if only to themselves the prejudice did extend ; but also to posterity their diseases are propagated, the children having impressed upon them, and radicated in the principles of their nature, the seminal power, and productive virtue of inordinate and intemperate living of their genitors and progenitors, that the children may bear witness to the following age, and the vice and folly of their parents and predecessors recorded, and characterized in them, &c.”

“ Hereby you may understand that evil customs (as of smoaking Tobacco) does not injure

injure only the person doing so, but the generation after them are prejudiced, and here, by the way, we may take notice of the many ricketty children in this latter age, since the use of Tobacco, which disease was not known before the frequent use of it.

“ Amurath, the fourth of that name, Grand Seignior of the Turkish Empire, put forth his edict against the smoking of Tobacco. The reason of this severe prohibition was, that it did render his people infertile. I shall not urge the inconvenience of Tobacco so far, but this I may assert, that it causeth an unfirm generation, by debilitating the parents, and rendering them scorbutic, which impressions are carried *in semine* to their children, and makes a diseased issue. And I observed in Virginia, being sometime in that colony, that the planters, who had lived long there, being great smokers, were of a withered decayed countenance, and very scorbutic, being exhausted by this immoderate fume, nor are they long lived, but do shorten their days, by the immoderate use of Tobacco and Brandy.”

I have

I have a short remark to make here, on the latter part of this quotation, respecting the inhabitants of Virginia. I, myself, resided amongst them several months, and particularly noticed, that the people were so far from being much addicted to smoking, that in general they were averse to it, though having Tobacco in such plenty; nor did they give themselves up to the intemperate use of brandy; nor were they of a withered decayed countenance and very scorbutic, as our author has observed. But it ought to be mentioned, that the year he published in was A. D. 1664, and my time of residence there was from 1782 to 1783.

Tempora mutantur, &c.

Again the same author tells us that, "King James, that learned and philosophical prince, of this nation, wisely considering the nature of this plant; and having a good stoxastic head, to foresee the inconveniencies that would arise to his people by the ill custom of smoking it, he being the great physician of the body politic, does excellently dehort his

his subjects (being tender of their future welfare) from this noxious fume, and writes an invective against it, whose oratory, and solid arguments were enough to have broken the neck of this custom ; had they any regard to his kindness, or sense of their own good and their posterity.

“ And although some few persons either by the strength of nature, do strongly resist the bad impressions it sets upon several parts of the body, or by the peculiarity of nature, is less offensive and hurtful to some, or brings some particular benefit, (amongst its many ill properties) that makes it seemingly good, yet insensibly, and by time it damageth all, and those few good effects, in some few persons, are not of validity to give it a general approbation and use, and free it from censure, &c.” So far this author.

These are weighty arguments, strong sound reasoning, but I should be sorry that if this little Treatise should fall into the hands of any married lady (which from the nature of the

subject it is not likely to do), I say it would hurt me much, if the perusal of it should be be the occasion of her preventing her good man from taking a social pipe with his friend whenever he found it convenient, or at any other time when he pleased.

I have already admitted that people using Tobacco, can suffer the inconvenience of want of food longer than they who do not chew it; but I have heard some argue that on that account it is good for the constitution, ridiculous position.

The waste which the body is continually exposed to by insensible perspiration (sleeping as well as awake), as well as by the gross excrementitious evacuations, must undoubtedly require, to the animal, a fresh and regular supply of aliment to support these evacuations.

Sanctorius in his Medicina Statica, Aph. iv. says "Insensible perspiration alone discharges much more than all the sensible evacuations,

cuations together. Again, aphorism lxxx. "Why does animated flesh live and not putrify and die?" "Because it is daily renewed." This must be meant by Sanctorius to be a proper and timely renewal of food, to support (as I said before) these evacuations. I must here remark, we evacuate by spitting when we use Tobacco, one of the most useful and essential fluids necessary for the healthy preservation of the human body, namely the saliva, but more of this when I treat upon indigestion. Some may say I never spit, neither smoking nor chewing, the old adage comes in here, "there is no general rule without an exception."

Suffering well the want of food for a long time may be convenient, but certainly not good for the constitution, for the aforementioned reasons; convenient for people whose avocations prevent them going home, at their stated and appointed meal times; to soldiers upon a long march, in pursuit of an enemy, when and where it would be ridiculous for one brother officer to say to another

D

"what

“what time do you dine.” I have myself experienced the good of Tobacco in these long and harrassing marches, when our gallant commander led us thro’ the Carolinas into Virginia, for as the army was obliged to rely upon the produce of the country for its support, I say obliged, because its route was so far back in the country (on account of the necessity of passing the fords of many largerivers) so as to have little or no communication with the coast, it so happened that all of us, now and then, were put upon a kind of involuntary short allowance, I have therefore at times found a quid of Tobacco a substitute, tho’ but a poor one, for a good meal. A little more and I have done: it is a tribute of gratitude due to the people called quakers. After the ever memorable defeat of Mr. Green, at the battle of Guildford Court House, by Lord Cornwallis, I was left, with two other surgeons, at New Garden Meeting House (about four miles from the scene of action) which was converted into an hospital, for the reception of about seventy poor fellows so badly wounded that they could not

not, possibly, be conveyed with the army: the humanity of these general friends of mankind, did then impress my mind so much that it can never be forgotten: indeed their kind care and attention to us appeared to me so very particular, as to lead me to remark to one of them, that I thought by such charitable attention, they shewed a strong attachment to Government. After a pause, his answer was, they were no party people; they gave the same assistance to the Americans when ever it fell in their way, their maxim was to do good to all indiscriminately. I was told some time after, that this little worthy association emancipated all their negroes, and went in a mass to live in the island of Nantucket, where they themselves could cultivate their lands, without the inconvenience attending labour in so warm a climate as they had left. I do not vouch for the truth of this last circumstance —I knew it only from report; but the foregoing remark I was an eye witness of.

This is a digression that somehow or other
hath

hath obtruded itself; it has no business here, however, I am not very sorry for having inserted it.

But to resume the subject.—It may be asked, why is it convenient to people whose avocations, &c. and to soldiers upon long marches, &c.?

Question—Why is it convenient to this class of people?

Answer—Because it destroys the appetite *pro tempore*.

Q. How does it destroy the appetite?

This question naturally leads me to recur to my text—Its pernicious effects on the nervous system, and of course the whole system in general.

It has already been remarked that the stomach is furnished with a great number of nerves:—now as the membrane which lines the

the mouth, *Fauces* and *Æsophagus*, is of the same, or similar texture with that which invests the stomach ; it must hence follow that (by nervous sympathy) whatever affects the mouth, will affect the stomach : its sedative narcotic power lulling as it were, for a time, this "grand laboratory of the human body : " to sleep, if longer continued, it will by irritation excite retchings, and afterwards the third stage, namely debility follows.

I shall make no apology to the reader for elucidating the foregoing remarks, by copying some curious observations on the subject of Tobacco, made by Christ. Laurent, M. D. who published at Dublin in 1664, particularly as the reader may never have an opportunity of seeing the book, and also as it shews the *Modus Scribendi* of the times.

"Some" says he "take Tobacco for refreshment after labour, and divertisement of serious thoughts, being tyred with business, study, and musing ;—true, it is Tobacco
puts

puts a suspension upon serious thoughts, and gives a relaxation for a time in some persons: others contemplate and run over their business with more delight by the help, and during the taking of a pipe. But both these persons, tho' seemingly delighted, and refreshed for a short time, yet afterwards the spirits are lassated and tyred, they are more flat, dull, and somnolent, when the pipe is out; this was but a cheat, the spirits were not truly refreshed, invigorated, and reinforced: as wine does enliven and make brisk the spirits, by affording and communicating an additional supply, &c.

“ Tobacco ” says he “ only procures a salivation by the mouth, which brings no advantage, but detriment; for this flux of moisture (spitting), does not arise as critical from the impulsion of nature separating, and protruding, but from a promiscuous attraction of fluid moisture (by virtue of its acrimonious heat) so that constantly draining the body of this dulcid serocity (the saliva) must cause many inconveniences thro’ the want of it.

it, inasmuch as it is very serviceable to the body in the integrity of its nature.

“ But admit this did attract moisture, yet considering it vitiates the stomach, and impregnates the chyle with its evil properties, ‘tis much better to forbear than to use it ; that benefit would not recompence this injury.”

This Author has remarked that using Tobacco brings a current of moisture, by which he means the saliva, which, says he, ought to be expended otherwise ; right, the saliva, or spittle, is of a balsamic saponaceous quality, secreted from small glands interspersed throughout the mouth and fauces : it was never intended by nature to be thrown away : an healthy person has never cause to spit, unless he has some kind of stimulus in his mouth, of which nature I have before said Tobacco is, even so snuff acts upon the olfactory nerves, producing by irritation, a copious defluxion ; Euphorbium acts more strongly—inducing inflammation.

When

When we chew our food, these salival glands are more excited into Action, by the motion of the jaws, and probably also by a stimulant power the food itself may possess, discharging a greater quantity of their juices than when at rest: this is designed by Providence to moisten what we eat, and with the food to be carried down into the stomach, where, mixing with the Gastric juice, which is of an opposite acid nature, they together form by a natural chemical process, a *menstruum*, which with the active powers of the fibres of the stomach, form the means of good digestion. I know I may be liable to censure for advancing this theory: various are the opinions of authors concerning this process; such as heat of the stomach, expansive force of air included in the aliment, the motion of the diaphragm, &c. &c. perhaps all of them together may be aiding and combining.

But reflecting upon the opposite qualities of these two secreted juices, their effects when united, and the unpleasant symptoms arising

arising from being separated from each other, I am inclined to adopt the foregoing opinion of the chemists.

“ The food taken for nourishment is greatly prepared by mastication, which breaks and reduces it into smaller parts, and mixes with the *mucus* of the mouth, and the salival juice, whose great usefulness may be known from its origin, being separated from the purest arterial blood, and the good effects it produces by being swallowed.”

"Whereas, such as imprudently discharge this useful humour, become more liable to indigestion and a bad habit of body.*"

What is vulgarly called the heart-burn, is no more than an uneasy, gnawing sensation at the stomach, occasioned by the gastric juice left to itself, to irritate by its acid, or perhaps saline quality, the membrane of that bowel: every one almost knows that magnesia, prepared chalk, or any of the testaceous

E. powders

* See Dr. Barry on digestion, page 227.

powders will remove it by absorbing this acidity. People who are in the habit of always swallowing their spittle, are seldom troubled with this distressing complaint. I have frequently remarked in company, at different times, persons laying down their pipes saying "I'll smoke no more, it gives me the heart-burn." This shews that by the imprudent discharge of this salutary juice, a loss of appetite, heart-burn, indigestion, flatulencies, and sour eructations are sure to follow: not to say how nasty it is to see a fellow rolling the quid in his mouth, and spitting about a decent room.

The empyreumatic oil of Tobacco, which in one way may be procured in the manner I shall describe, is as pungent as any that can be procured from any other matter. I mention what follows, as a convincing proof of its being so inimical to the nervous system.

It is well known by those who have tried it, to be an immediate, effectual, and permanent cure for the tooth ach; but beware of making

making the experiment, I would much sooner recommend Dr. Last's radical cure—by plucking it out. Fix a quill, open at both ends, to the end of the pipe, in the quill there must be a little cotton, or fine lint, lightly put into it, let the pipe be smoked through this quill, and when out, the lint or cotton will be found impregnated with an oil as caustic as *Ol. Vitriol* or *Aqua Fortis*: if the cavity of the tooth be filled with this cotton, so impregnated, it gives immediate relief from pain, but the consequences, almost as immediately, are dreadful, from the contact of this oil with the denuded nerve; for the nerve being laid bare and exposed to the cold air by the caries of the tooth, is generally the cause of the local tooth-ach: Spasmodic convulsions, violent retchings, and vomiting, almost immediately ensue, continuing for several hours.

I was once called in to a female servant of a delicate constitution, and was much alarmed by finding her have the above symptoms in a degree the most alarming; but being

being informed of the application of this caustic oil, the spasms and vomiting gradually abated upon removing the offending cause, the girl, however, continued in a very weak, relaxed state, for more than a fortnight.

Experiments have been made with this oil upon pigeons, which shewed, that vomiting was a certain effect of its being applied.

I have related the above circumstance as an incontestible proof of its being hurtful to the brain and stomach, and of course to the whole frame in general, by its peculiar attack upon the nervous system.

Opium will sometimes cure the tooth-ach, but has never been known to cause such dreadful effects in its application for that pain. I shall conclude this part with the following five axioms :

AXIOM I.

Tobacco, whether by the pipe or quid, generally causeth a spitting.

AXIOM II.

AXIOM II.

Spitting, by depriving the mouth of its saliva intended by nature to moisten and lubricate it, will make you thirsty.

AXIOM III.

Drought, or thirstiness, calleth for drink to supply the want of the ejected spittle.

AXIOM IV.

Drinking too frequently (particularly of strong drink) will intoxicate.

AXIOM V.

Drunkenness alas! too, too often causes you to fall out with your best friends, and to commit actions, which in your returning sober moment's you are sorry for and ashamed of.

I have not done yet, for I have to remark that some old gentlemen have told me, that smoking a dry pipe early in the morning (by which they mean without drinking) is very useful, inasmuch as it brings the phlegm off
the

the stomach. That bowel can never eject its contents without being excited into action by vomiting, what they call stomach phlegm is the *mucus* which lines and lubricates the membrane of the *Œsophagus*. I do not deny that it may be salutary, when I reflect, that as old people's fibres grow rigid, so, in proportion, all the secretions are naturally more tough and viscid.

The quality of this fume may irritate the *fauces* in such a manner as to excite a partial expulsion of this *mucus*, without leaving the membrane quite abraded; however it is a nasty custom, and “better in the breach than the observance,”* as it certainly leaves the person a tainted breath for the whole day.

On the use of Tobacco I have not much to say—It has sometimes being found serviceable in the incarcerated hernia, or rupture of the groin. The fume of this plant thrown up the intestines, *per ano*, has been the occasion of the strangulated gut receding almost instantaneously,

* Shakespear.

tanèously, even when the surgeons thought the operation immediately indispensible, and when the apparatus was ready at hand, giving “dreadful note of preparation.”

I once saw an instance of this in St. Thomas’ Hospital, to the great relief and joy of the patient, (for this operation is hazardous and the event precarious). Quere—Had this patient been previously accustomed to the use of Tobacco in any way whatever? I think not: I had not then the same motive of curiosity I now should have to make the enquiry.

The medical gentlemen of the humane society, I am informed, rely much upon the use of the smoke of this herb thrown up the intestines, in the afore-mentioned manner, for restoring suspended animation, even where the *vis vitae* has appeared totally extinguished.

It has been my misfortune (in the course of my practice) to be unsuccessful in two cases
of

of attempting to procure resuscitation.—One accident, a boy from hanging, the other, a young woman from drowning; the boy had been missing three hours, so no knowledge could be obtained respecting the time of his being suspended. The girl had been immersed, it was well known, above an hour.

As it was my good fortune, whilst in London, to have an opportunity of attending a lecture delivered by Dr. Hawes, on the above subject. I recollect, tho' it may be fifteen or sixteen years ago, two very impressive remarks he made, “That tho' our efforts were not soon successful, yet we ought to be unremitting for a long time, as their had been many instances where long perseverance had been attended with the most desirable success; and again, that putrefaction (which appears soonest on the abdomen) is the surest criterion of death.” I write this from memory.

Tobacco has been recommended, and used internally, as a medicine, in dropsy and dysury. Dr. Fowler has given it in several cases,

cases, in the forms of infusion tincture, and pills, which have been attended with success. A physician of my acquaintance prescribed it for a dropsy, in the form of a spirituous tincture: I forget the proportions and the quantity of each dose: I was attentive to its effects, but it neither acted as a diuretic nor excited nausea—perhaps the dose was too moderate. The woman was tapped, but the water being contained in hydatids, the operation produced no lasting good effects, —so we lost our patient.

I have little or nothing to say about snuff taking, as I never used it myself by the nose: the other two methods of consuming the plant I have been too much addicted to, so that what I have written is from experience of its effects upon myself.—

“I nothing extenuate nor set down aught in malice,”

except against the weed. .

I have seen women sadly distressed when wanting a pinch of snuff even only for half

F

an

an hour. I believe it may be serviceable in any lethargic affection of the head, by causing a defluxion through the nostrils; but still, in time, it will be apt to bring on an habitual custom of taking it. Attachment to snuff-taking is as strong, and the difficulty of leaving it off as great, as that of smoking and chewing. The following anecdote will in part, I think, prove this assertion:—I went one afternoon into a neighbour's house to chat with her, her good man had just gone out, and left his box upon the table; by an acquired impulse, I stretched forth my hand and was forming my quid, “ Oh! ” says she “ leave off that nasty filthy custom; ” at the same time, unconscious of what she herself was doing, she was daubing her nostrils, upper lip, and neck-kerchief, with no small quantity of plain Spanish brown, “ Be good enough Ma'am to give over that nasty vile habit.” Indeed I can't help it, was her answer;—No more can I, rolling the Tobacco, and now we are even, and we have ever since taken our snuff and quid very cordially together without any further animadversions.

An

An ingenious dissertation on the selfsame subject, written by Mr. Adam Clarke, has just now been put into my hands by a friend, a methodist preacher of the gospel, of which persuasion, I am informed, is the author, and worthy it is the attention of all who have a regard for their health, as well as those amongst religious people, to whom it is more especially addressed. It is curious to observe that though we are strangers to each other, and knew nothing of each others publication, yet the title of both is expressly the same, viz. **ON THE USE AND ABUSE OF TOBACCO.** Mr. C. totally discommends taking a pipe in the morning fasting. My remarks upon this part of the subject (see page 37) was positively penn'd before his pamphlet fell into my hands; however, the reader by comparing them both together, will find that on this point our opinions nearly fall in with each other. What he says upon the usefulness of the saliva "as the prime and greatest agent which nature employs in digesting the food, and which" says he "is so copiously drained off by the infamous

infamous quid and scandalous pipe" tallies so exactly with my observations on the subject that I could not refrain mentioning his name and work ; for which I have to make an apology, doing so without his permission, being an entire stranger to him.

This bagatelle has not been written, either for fame or profit ; but having had frequent conversations, with many of my evening companions, on the subject, they requested me to throw some of my thoughts upon paper : the work was begun, and I found it to become gradually interesting.

A great deal more remains to be said upon Tobacco, but as it has interfered too much with my professional vocations, and as I believe you are as heartily tired of reading as I am of writing ; if you have gone on with me thus far, we will if you please, gentle reader, proceed together to the

FINIS.

